



Buried in Treasures Workshop

For people who have difficulty managing their stuff

The 16-week workshop offers a safe and supportive environment for those who find living with compulsive acquiring, saving and hoarding tendencies is impacting their life. Run by trained professionals, the workshop provides strategies and techniques to manage this behaviour, and the backing of a support network to help make a positive change.

All we ask is that participants are ready to make this change and are able to commit to the 16 weeks.

- DATE** Every Thursday for 16 weeks from Thursday 12 March 2020
- TIME** 10am – 12pm
- LOCATION** Centacare, Level 1, 2506 Ipswich Road, Darra
- COST** Free
- PRESENTERS** Katie Hilton, Stevie Conroy and Lucy Nash
- FURTHER INFORMATION** To make the most out of the workshop participants will need to practise the strategies and techniques at home each week. To find out if the workshop is suitable for you please contact us on the number below.
- REGISTRATION** Phone Centacare on 3362 8700
or email stevie-lee.conroy@bne.centacare.net.au



**Queensland
Government**

Centacare acknowledges the
Queensland Government's
Dignity First Fund